

INDIANA STROKE PREVENTION TASK FORCE'S

POST REHABILITATION ISSUES AND RESOURCES

INTRODUCTION

The Indiana Stroke Prevention Task Force was created by legislation passed in 2004 and re-authorized in 2008. This was done in an attempt to reduce the burden of stroke in Indiana. One of the goals of the task force is to educate the community. This brochure focuses on what happens after the person with a stroke completes the inpatient rehabilitation program but continues to need assistance.

It is estimated that two thirds of persons who have a stroke need rehabilitation. Rehabilitation begins in the acute care hospital after stabilization. Following this, therapy may be provided in an acute rehabilitation unit or freestanding hospital for a minimum of 3 hours per day 5-6 days per week. The average length of stay in this setting is 2-3 weeks. Other settings for inpatient therapy are long-term acute care hospitals for those with more complex medical needs that provide no therapy or 1-2 hours per day and subacute rehabilitation units either hospital based or in a skilled facility.

Professionals in rehabilitation are available to help make the decisions about the setting required and resources available if you choose to return home. The most common rehabilitation options are outpatient therapy 2-3 days a week or home health which is nursing care and therapy 2-3 visits per week. Day treatment can also be considered which provides 2-3 therapies and groups 4-6 hours a day 3-5 days per week. It is advisable to contact your primary health insurance company to determine coverage.

2-1-1 is the national abbreviated dialing code for free access to health and human services information and referral. 2-1-1 is an easy to remember and universally recognizable number that connects individuals and families in need with community based organizations and government agencies. Free and confidential help is available for many needs, including housing, employment, legal aid and counseling.

NATIONAL ORGANIZATIONS

National Stroke Association

1-800-STROKES

www.stroke.org

American Heart Association

1-800-242-8721

www.americanheart.org

American Stroke Association

1-888-478-7653

www.strokeassociation.org

National Institute of Neurological Disorders and Stroke

1-800-352-9424

www.ninds.nih.gov

National Rehabilitation Information Center

1-800-346-2742

www.naric.com

information on types of rehabilitation, adaptive devices, and other aids for recovery

National Aphasia Association

1-800-922-4622

www.aphasia.org

National Council on Aging

1-202-479-1200

www.ncoa.org

National Family Caregivers Association

1-800-896-3650

www.nfcacares.org

Family Caregiver Alliance

1-800-445-8106

www.caregiver.org

LOCAL AGENCIES

Church groups, community centers, visiting nurse services and family service agencies are all a source of assistance. Local hospitals are also a resource.

For water therapy programs, contact your local YWCA, YMCA, community center or college.

Each county has a Council on Aging that is a single point of entry to the services the agency offers and helps callers find answers to questions and guide them to appropriate resources. Listed below are categories of services that the Council on Aging can help to access.

OASIS (Older Adult Service and Information Systems)

Purdue Extension Service

Elderhostel Programs

Emergency Response Systems

Employment

Ethnic Senior Services

Eyecare

Family Caregiver, training and support groups

Flu Shots

Food Pantries

Food Stamps

Friendly Visiting

Geriatric Assessments

Geriatric Care Management

Grandparent Support Groups

Grief Bereavement Support

Grocery Delivery

Guardianship

Handicapped license plates and permits

Health and Wellness Programs

Health Clinics

Hearing Impaired Services

Home Delivered Meals

Home Health Care/Homemaker Services

Homeless Shelters

Home Repair Assistance

Hospice Programs

Housing

Insurance Information including Medicare and Medicaid

Library Services

Live-In Companions

Lunch (nutrition) Programs
Medical Equipment
Mental Health
Nursing Home Companies
Pets for Seniors
Prescription Delivery
Recreation/Sports
Respite Care
Senior Centers and Programs
Social Security
Support Groups
Tax Preparation Services
Telephone Reassurance Programs
Transportation
Utility Assistance
Visually Impaired Services
Volunteer Opportunities

The Council on Aging has resource information for caregivers.

PUBLICATIONS

The American Stroke Association provides a *Stroke Connection Magazine* which is FREE for stroke survivors, caregivers and healthcare professionals. It provides information and inspirational stories. It is published six times a year. Their booklet on Living with Disability After Stroke is very comprehensive and offers many tips. Contact them at 1-888-478-7653.

The National Stroke Association publishes a magazine called Stroke Smart every other month which contains real life stories, tips and the latest in stroke research. Contact them at 1-800-787-6537.

Books to consider are:

Stroke Survivors by William Bergquist, Rod McLean and Barbara Kobylinski, 1994 (first hand intimate account of survivors, caregivers and health care professionals)

My Year Off by Robert McCrum 1998 (memoir by the editor of the London Observer who had a stroke)

Like a Bolt by Mary Morgan, 2005 (memoir of a 58 year old stroke survivor)

The Stroke Book by June Bierman and Barbara Toohey, 2005, Tarcher/Penguin Publishers

CONCLUSION

To prevent future strokes, continue to monitor the risk factors. The ten risk factors listed below are modifiable.

**High Blood Pressure
Heart Disease
Diabetes
Transient Ischemic Attack (TIA)
Carotid Artery Disease
Cigarette Smoking
Exercise
Obesity
Excessive Alcohol intake
Substance Abuse**

Remember these five important warning signs –

Sudden numbness or weakness of the face, arm or leg, especially on one side of the body

Sudden confusion, trouble speaking or understanding

Sudden trouble seeing in one or both eyes

Sudden trouble walking, dizziness, loss of balance or coordination

Sudden, severe headache with no known cause

Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance can be sent. It's very important to get to the hospital quickly.